

DOCUMENT RESUME

ED 290 090

CG 020 453

AUTHOR Alexander, Gene E.; And Others
TITLE Interaction between Personality and Mood in Unipolar and Bipolar Patients.
PUB DATE 29 Aug 87
NOTE 16p.; Paper presented at the Annual Convention of the American Psychological Association (95th, New York, NY, August 28-September 1, 1987).
PUB TYPE Reports - Research/Technical (143) -- Speeches/Conference Papers (150)
EDRS PRICE MF01/PC01 Plus Postage.
DESCRIPTORS Adults; *Affective Behavior; *Depression (Psychology); Patients; *Personality Assessment; *Personality Traits; Psychological Patterns
IDENTIFIERS *Affective Disorders; *Moods

ABSTRACT

Much of the literature on affective disorders has been devoted to categorizing, assessing, and treating the mood and behavioral symptoms typically associated with depressive illness, and much research has studied how personality traits interact with these state symptoms. The personality scales of the Millon Clinical Multiaxial Inventory (MCMI) are thought capable of providing a clinically meaningful measure of the personality components in clinical depression. This study examined the effect of mood on the personality styles of 255 psychiatric patients with unipolar and bipolar affective disorders. The personality style differences between patients in manic, depressed and euthymic moods, as measured by the Hamilton Rating Scale of Depression, the Mania Rating Scale, and a global mood rating, were compared for the unipolar and bipolar groups, using the eight personality scales of the MCMI. Mood groups differed significantly in their pattern of personality styles for both unipolars and bipolars. Specific scale comparisons supported the effect of depressed mood on personality styles. Further study is needed to address the question of how mood changes affect the measurement of personality styles in patients with affective disorders. (Author/NB)

* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *

ED290090

Interaction Between Personality and Mood in
Unipolar and Bipolar Patients

Gene E. Alexander
Loyola University of Chicago

Linda B. Bresolin
Northwestern University Medical Center

James P. Choca
V.A. Lakeside Medical Center

Alan S. DeWolfe
Loyola University of Chicago

James E. Johnson
Loyola University of Chicago

David G. Ostrow
Ann Arbor V.A. Medical Center

CG 020453

Paper presented at the meeting of the American Psychological
Association, New York, NY.
August 29, 1987

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION
CENTER (ERIC)

☒ This document has been reproduced as
received from the person or organization
originating it.

☐ Minor changes have been made to improve
reproduction quality.

• Points of view or opinions stated in this docu-
ment do not necessarily represent official
OERI position or policy.

"PERMISSION TO REPRODUCE THIS
MATERIAL HAS BEEN GRANTED BY

James P. Choca

TO THE EDUCATIONAL RESOURCES
INFORMATION CENTER (ERIC)."

Abstract

The effect of mood on the personality styles of psychiatric patients with unipolar and bipolar affective disorders was examined. The personality style differences between patients in manic, depressed, and euthymic moods, as measured by the Hamilton Rating Scale of Depression, the Mania Rating Scale, and a global mood rating, were compared for the unipolar and bipolar groups, using the eight personality scales of the Millon Clinical Multiaxial Inventory. Mood groups differed significantly in their pattern of personality styles for both unipolars and bipolars. Specific scale comparisons supported the effect of depressed mood on personality styles. Further study is needed to address the question of how mood changes affect the measurement of personality styles in patients with affective disorders.

Introduction

The majority of the literature on affective disorders has been devoted to categorizing, assessing, and treating the mood and behavioral symptoms typically associated with depressive illness. A considerable amount of research has been directed at the question of how personality traits interact with these state symptoms. Several theorists from a broad range of theoretical perspectives have suggested the existence of premorbid personality characteristics which may predispose an individual to specific affective disorders. However, the study of trait components of clinical depression has been difficult due to a lack of stable and reliable measures of relevant personality characteristics.

Millon (1977, 1983) has developed a personality measure, the Millon Clinical Multiaxial Inventory (MCMI), whose personality scales have been shown to be reliable and stable as measures of personality styles (McMahon, Flynn, & Davidson, 1985; Millon, 1983). It is felt that the personality scales of the MCMI can provide a clinically meaningful measure of the personality components in clinical depression.

In addition to the question of reliability and stability of trait measurement in affective disorders, the effect of mood state on these measures has been shown to be an important consideration. A study by Hirschfeld, Klerman, Clayton, Keller, McDonald-Scott,

and Larkin (1983) examined the personality patterns of affective disordered patients during intake evaluations and again at a one year follow-up. The patients were divided into those who recovered after one year and those who did not. Personality traits were measured on 19 scales which assessed the characteristics of emotional strength, interpersonal dependency, and extraversion. The findings indicated that clinically depressed states strongly influence scores on these three personality constellations. These findings suggest the need to measure personality patterns while affective disordered patients are in a symptom-free or euthymic state. However, this study is limited in that it does not consider the effect of both manic and depressed states on the personality traits of unipolar and bipolar patients, separately.

The present study is an attempt to examine the effect of mood states on the personality styles of affective disordered patients. The personality styles, as measured by the eight personality scales of the MCMI, for manic, depressed, and euthymic (neither depressed nor manic) groups were compared for subjects with a manic-depressive (bipolar) affective disorder. For subjects with a diagnosis of major depression (unipolar), the personality styles for depressed and euthymic groups were compared. It is hypothesized that, if bipolar and unipolar disorders stem from longstanding characteristics which are separate from the acute and episodic symptoms of the affective disorders, then there should be no significant differences in personality style configurations between mood states (manic, depressed, or euthymic) within the bipolar and unipolar diagnostic groups.

Method

Subjects

Subjects in this study were 255 adults whose ages ranged from 18 to 78 ($M = 39.8$, $SD = 12.9$). This group was predominantly white (89.4%, 8.2% black, 2.4% Hispanic or Asian) and consisted of 119 males and 136 females. The subjects were obtained from a clinical population of 391 psychiatric patients, who were referred for psychiatric evaluation at an out-patient affective disorder evaluation unit. These individuals were diagnosed with an affective disorder according to DSM-III criteria.

Procedure

As a part of their psychiatric evaluation, the subjects were administered the MCMI followed by a diagnostic interview. The interviews were conducted by trained clinicians (staff psychiatrists and clinical psychologists) from the affective disorder evaluation unit. During the interview, each subject received the Hamilton Rating Scale of Depression (HRSD), the Mania Rating Scale (MRS), and a global mood rating. The interviewers also gathered information concerning the subjects' psycho-social, psychiatric, and medical histories, which was used in determining the psychiatric diagnoses. Those subjects given an affective disorder diagnosis were selected for this study and were divided into bipolar and unipolar groups using DSM-III criteria. Each

diagnosis was reached through consensus by the clinical team performing the psychiatric evaluations.

The two diagnostic groups were further divided according to their mood state at the time of interview. The bipolar group was divided into manic ($\underline{n} = 15$), depressed ($\underline{n} = 32$), and euthymic ($\underline{n} = 31$) subgroups, while the unipolar group was divided into depressed ($\underline{n} = 160$) and euthymic ($\underline{n} = 17$) subgroups. The presence of a manic, depressed, or euthymic mood state was determined by scores on the HRSD, MRS, and global mood rating. Those subjects with scores greater than 17 on the HRSD, less than 9 on the MRS, and global mood ratings of mildly, moderately, or severely depressed were considered depressed at the time of interview. Those subjects scoring 17 or less on the HRSD, 9 or above on the MRS, and receiving global mood ratings of hypomanic or manic were considered manic at the time of interview. Subjects scoring 17 or less on the HRSD, 8 or below on the MRS, and receiving a global mood rating of euthymic were considered euthymic at the time of interview.

Results

Repeated-measure ANOVAs were used to assess the stability of the personality patterns between the mood groups for the unipolar and bipolar subjects. The results showed significant interactions between mood and the eight personality scales of the MCMI indicating personality pattern differences between mood groups for the bipolar, $F(14,504) = 16.11$, $p < .001$, and unipolar, $F(7,1211) = 7.12$, $p < .001$, subjects.

To assess the nature of the personality differences found between groups, the effects for age, race, and gender were considered. One-way ANOVAs found non-significant main effects for mood by age for both the unipolar, $F(1,175) = 1.91$, ns, and bipolar, $F(2,75) = 1.22$, ns, groups. In addition, repeated-measure ANOVAs found no significant interactions between race and the MCMI for both the unipolar, $F(14,1218) = 1.25$, ns, and bipolar, $F(7,532) = 0.61$, ns, groups. However, repeated-measure ANOVAs showed significant interactions for sex and the MCMI for both the bipolar, $F(7,504) = 2.65$, $p < .01$, and unipolar, $F(7,1211) = 2.10$, $p < .05$, groups. Further analyses examined the mood by scales interaction for males and females separately in both diagnostic groups. For bipolars, the mood by scales interaction was significant for both the males, $F(14,224) = 10.00$, $p < .001$, and females, $F(14,280) = 7.34$, $p < .001$. The mood by scales interaction for unipolars was significant for the females, $F(6,637) = 9.93$,

$p < .001$, but was not significant for the males, $F(7,574) = 1.13$, ns.

In addition to considering the effects of demographic variables on the personality styles, the relationships of individual scales to the groups were examined. Given that the main effects for mood on the repeated-measure ANOVAs were significant for both the bipolar, $F(2,72) = 6.23$, $p < .005$, and unipolar, $F(1,173) = 12.46$, $p < .001$, groups, deviation scores were used in place of the Mean Base Rate Scores to compare the group differences for each scale.

Table 1 presents the mean deviation scores and results of one-way ANOVAs for the bipolar groups for each personality scale. As can be seen, all eight personality scales showed significant main effects for mood. The Newman-Keuls procedure was used to assess the significant pairwise comparisons for each scale (see Table 1). For the Schizoid, Avoidant, Dependent, and Passive-Aggressive scales, the depressed group had significantly greater deviation scores than both the manic and euthymic groups, while these groups did not differ significantly from each other. For the Histrionic, Narcissistic, Antisocial, and Compulsive scales, the manic and euthymic groups were both significantly greater than the depressed group, while they did not differ significantly from each other.

Table 2 presents the mean deviation scores and results of one-way ANOVAs for the unipolar groups for each personality scale. Only one scale, Dependent, showed a non-significant main effect for mood. For the Schizoid, Avoidant, and Passive-Aggressive

scales, the depressed group scored significantly higher deviation scores than the euthymic group. For the Histrionic, Narcissistic, Antisocial, and Compulsive scales, the euthymic group scored significantly higher than the depressed group.

Table 1

Mean Deviation Scores and Results of One-way ANOVAs for Bipolar Mood Groups

Scale	Mood						F (2, 75)
	Manic (<u>n</u> = 15)		Depressed (<u>n</u> = 32)		Euthymic (<u>n</u> = 31)		
	Mean	SD	Mean	SD	Mean	SD	
Schizoid	-25.32	(20.25)	0.57 ^a	(23.59)	-24.28	(14.92)	15.14**
Avoidant	-21.25	(18.31)	12.75 ^a	(17.29)	-22.63	(19.04)	34.81**
Dependent	-11.38	(19.23)	10.00 ^a	(29.87)	-10.21	(23.43)	6.10*
Histrionic	17.82	(27.67)	- 3.18 ^b	(26.96)	24.17	(18.11)	10.86**
Narcissistic	29.15	(15.83)	-14.06 ^b	(20.46)	20.85	(18.66)	38.16**
Antisocial	15.82	(9.81)	-11.09 ^b	(21.16)	13.37	(17.01)	18.98**
Compulsive	2.95	(19.20)	-16.50 ^b	(26.43)	6.17	(25.37)	7.26**
Passive- Aggressive	- 7.78	(13.92)	21.50 ^a	(20.19)	- 7.44	(24.87)	17.62**

(continued)

Table 1 (continued)

Mean Deviation Scores and Results of One-way ANOVAs for Bipolar Mood Groups

Note. The values represent mean deviation scores for the bipolar manic, bipolar depressed, and bipolar euthymic groups. One-way ANOVAs followed by the Newman-Keuls procedure were performed to compare means for each scale.

^aThis mean score is significantly greater than each of the other two mood groups at $p < .05$.

^bThis mean score is significantly less than each of the other two mood groups at $p < .05$.

* $p < .005$

** $p < .001$

Table 2

Mean Deviation Scores and Results of One-way ANOVAs
for Unipolar Mood Groups

Scale	Mood				
	Depressed (<u>n</u> = 160)		Euthymic (<u>n</u> = 17)		<u>F</u> (1,17)
	Mean	SD	Mean	SD	
Schizoid	7.58	(21.57)	-13.29	(26.28)	13.78****
Avoidant	16.78	(19.18)	- 2.82	(22.40)	15.54****
Dependent	13.35	(26.19)	2.35	(24.16)	2.75
Histrionic	-12.07	(25.88)	5.94	(25.71)	7.45**
Narcissistic	-21.51	(21.10)	1.24	(17.81)	17.11****
Antisocial	-18.38	(21.09)	- 2.35	(17.81)	9.11***
Compulsive	- 6.31	(23.95)	7.77	(27.18)	5.17*
Passive- Aggressive	20.56	(17.59)	1.18	(26.58)	16.70****

Note. The values represent mean deviation scores of each scale for unipolar depressed and unipolar euthymic groups.

*p < .025

**p < .01

***p < .005

****p < .001

Conclusions

Changing mood states have been shown to affect trait measurement in depressed groups (Hirschfeld, et al., 1983). However, it is unclear the degree to which the eight personality scales of the MCMI are affected by differing mood states within the unipolar and bipolar groups. It was hypothesized that if the personality styles of unipolar and bipolar euthymic groups are associated with the underlying personalities present in their disorders, then mood states should not significantly alter the pattern of personality styles. This hypothesis was clearly not supported in the current study. The findings were, however, consistent with those of Hirschfeld et al. (1983). Both the overall test of configurational differences and the specific scale comparisons demonstrated a strong influence of mood state on personality measurement in unipolar and bipolar affective disordered groups.

In the unipolar groups, seven of the eight personality scales showed significant differences between the depressed and euthymic groups. Only the Dependent scale was unaffected by the depressed mood. For the bipolars, all eight scales showed significant differences for the depressed group, while the manic group did not differ significantly from the euthymic group on any of the personality scales. Initially these findings suggest that the depressed mood strongly affects personality style measurement,

while manic mood states do not affect personality styles. This conclusion, however, cannot be drawn so easily, as it is necessary to consider the severity of the symptoms experienced in the manic and depressed groups. From examining the distribution of mood rating scores for both the manic and depressed groups, it is clear that a majority of those subjects in the depressed groups can be classified as severely depressed, while the majority of the manic subjects can be classified as mildly or moderately manic. Thus, the lack of an effect of mania on the personality scales may be the result of a milder level of symptoms compared to the depressed groups. Further study is needed to address the question of how severe manic mood states affect personality styles.

In addition, the significant interaction between sex and the eight personality scales of the MCMI found for both the unipolar and bipolar groups represents an additional factor in determining the effect of mood on personality for this sample. Further research is warranted to specifically address the issue of gender differences in personality patterns for affective disorders.

References

- Hirschfeld, R.M.A., Klerman, G.L., Clayton, P.J., Keller, M.P., McDonald-Scott, P., & Larkin, B.H. (1983). Assessing personality: Effects of the depressive state on trait measurement. American Journal of Psychiatry, 140, 695-699.
- McMahon, R.C., Flynn, P.M., & Davidson, R.S. (1985). Stability of the personality and symptom scales of the Millon Clinical Multiaxial Inventory. Journal of Personality Assessment, 49, 231-234.
- Millon, T. (1977). Millon multiaxial clinical inventory manual. Minneapolis, MN: National Computer Systems.
- Millon, T. (1983). Millon Clinical Multiaxial Inventory: Manual. Minneapolis, MN: Interpretive Scoring Systems.